

This I believe

In life, there are always two choices. One is easy. Therefore, the rewards are easy too. The choices we make determine our future. We are what we choose to be. *Judith M. Knowlton once said*, "I discovered I always have choices and sometimes it's only a choice of attitude." We can choose whether to be good or bad, naughty or nice, studious or lazy, and even being optimistic or pessimistic. Life is so full of choices that we decide things everyday of our lives! Even deciding what to eat or what to do is a choice!

When I was secondary 1, all the students had to choose a co-curricular activity (CCA). We had a form to fill in our choices, ranking our first choice to the fifth, but we had to put in at least one uniform group in the choices. I decided to try out for sports activities like netball, basketball and softball. Unfortunately, things did not turn out that way.

I got into St John Ambulance Brigade, which was in fact not in my first few choices. I was quite disappointed but decided to give this new CCA a try. I remembered for the first few months in St John, I was quite scared and found the weekly trainings tough. A few students chose to quit and appeal out, joining a more "relaxed" or enjoyable CCA. I was quite convinced to do so as well, as many classmates and seniors had been telling me that uniform group CCAs were very tough. I even heard that the cadets had to be scolded by seniors from time to time. That did not leave a very good impression on me. I had very mixed feelings. Should I give up? Should I take on this challenge? I even went to check out other CCAs that I might appeal into. But I decided, with some support from my parents, to continue. After all, I was already in this CCA, why not just stay here and use this opportunity to learn things that I never thought I would, and have a different kind of experience.

In St John Ambulance Brigade, I learnt many useful life skills like first aid, leadership, and even made many good friends. In fact, I believe I made the right choice to stay in my CCA, as other classmates who decided to join the more "relaxed" CCAs felt very bored and wanted to quit. Also, I had changed

my views and attitude towards the CCA. It was not tough for nothing; it was to train our strength, both physical and emotional.

This is just one of the many choices I made in my life. When we make choices, we cannot be rash or always listen to what other people tell us to do. We have to follow our hearts and choose what is best for ourselves. We must also have an open mind, and try out things we have never done before, or will never do.